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RADIANT YEARMETRO'S PRIDE PICS **PAGE 4**

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Arsons are on the rise, like this fire in October 2011 that destroyed two garages and a vehicle in the North End. ELISHA DACEY/METRO FILE

Arson has doubled in last 5 years

Fanning the flames.
City's William Whyte neighbourhood has been the hardest hit**Last year****583**

The total number of arsons in Winnipeg in 2012, compared to 226 in 2007.

**BERNICE PONTANILLA**

bernice.pontanilla@metronews.ca

A doubling in arsons has the City of Winnipeg ramping up efforts to combat the problem, especially in high-risk areas.

The city shared the number in a report that will be presented at Thursday's protection and community services committee meeting.

The report's numbers are stark: from a "total arsons by occurrence" of 226 in 2007, that number has gone up to 583 in 2012.

The worst month by far in 2012 was August, with 102 incidents, and the area

hardest hit is the William Whyte area. It has the highest annual arson count and the highest six-year average.

Annette Champion-Taylor, volunteer and program co-ordinator for the William Whyte Residents' Association, appeared at the May 6 protection and community services meeting to applaud the city's crackdown on the illegal dumping of garbage.

"It's absolutely a health hazard, and that's a big concern. Not only is it a fire hazard," she said, adding that garbage includes "everything from mattresses to furniture to household garbage."

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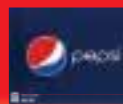
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HOLLYWOOD REMAKES



WHAT'S GOOD
Ace Burpee

It would appear that Hollywood is making decent money off of this remaking movies thing. They must be, as pretty much every one of your favourite movies has already been re-made (Footloose) or is about to be (Point Break, Dirty Dancing). There are a few left, however, for which a line must be drawn.

1. Sixteen Candles. There can only be one Samantha, and she is played by Molly Ringwald. To suggest somebody could recreate that character would be ridiculous. Ditto any role played by Anthony Michael Hall. In fact, no movies starring either of these two should ever be re-made, so hands off Pretty in Pink, Weird Science, and don't you dare touch The Breakfast Club.

2. This is Spinal Tap. Having watched this movie 371 times, I think I'm qualified to tell you that it is flawless. And brilliant. And everything that's great about anything ever.

3. Stand By Me. It is brilliant, and that will forever be the case. Plus, kids today don't eat Pez, so "Cherry flavour Pez, no question about it" would have to be changed, which is also a crime.

4. Scarface. Apparently it is already being re-made. Not only that, the Scarface we've all seen is actually a remake of a film from the 1930's or something, so I really have no argument. Best of luck trying to find a new Pacino, though.

5. Ferris Bueller's Day Off. Nobody will ever be as cool as Ferris, as pretty as Sloan, as lame as Cameron, as adorable as that secretary lady, or as bumbling as Edward R. Rooney.

You already stole Red Dawn from us, Hollywood. Leave these alone please.

ACE BURPEE IS A LOCAL WRITER, RADIO SHOW HOST, PRODUCER AND SUPPORTER OF ALL THINGS GOOD



Body found in St. Boniface back lane, neighbours say

Winnipeg police and the Identification Unit were on scene in this parking lot in the back lane behind the 200 block of Dumoulin Street, near Rue Saint Joseph, for most of the day Sunday. Neighbours told Metro a body had been found, but police did not confirm the reports. **SHANE GIBSON/METRO**

Coun. has questions for golf campaign

'Waste of money.'
Coun. Paula Havixbeck says the taxpayer-funded ads on golf courses aren't worth any cost



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

A city councillor has more questions a day after the mayor's office made public a

cost breakdown for the controversial taxpayer-funded ad campaign on golf courses.

Coun. Paula Havixbeck (Charleswood-Tuxedo) said she has requested more information on a few of the items mentioned in the "estimated costs" of the Responsible Winnipeg ad campaign.

"There are still some vagueness as to what the categories are," said Havixbeck, who put forward motions at the city's finance committee and Wednesday's council meeting requesting the full breakdown.

"I hear from a lot of people; they say it's a lot of money. It's more than some people's household incomes."

Havixbeck said she'd like clarification on a few of the categories mentioned, such as video production (at a cost of \$6,000), ad creation (\$10,000) and a website (\$7,000). She would also like to know more about Direct Focus, the ad firm hired for the golf campaign.

Havixbeck added she would like to know if the campaign is over or if there

will be added expenditures.

"I still maintain it's a waste of money ... Even if it were \$5,000, it's a waste of money," said Havixbeck, adding a council seminar would have been better than the Responsible Winnipeg campaign, which ignited a firestorm at city hall.

The document released by the mayor's office, entitled "Estimated costs for advertising campaign," states the total cost was \$69,591.71 and Direct Focus, the agency contracted for the campaign, received about \$20,000.

Tech issues. HSC computer glitches causing delays: Regional Health Authority

The city's largest hospital is experiencing computer difficulties, the Winnipeg Regional Health Authority said on Friday.

Heidi Graham, director of media relations for the WRHA, said in an email responding to an inquiry by Metro that Health Sciences Centre "is currently experiencing difficulties

with its electronic Admission, Discharge and Transfer (ADT) eHealth system that are adversely impacting some of its operations."

Graham said that in most cases, the computer glitches are causing delays in accessing patient information.

METRO

Fran Drescher

The Nanny is coming to the city

Fran Drescher, best known for her role as the nasally voiced Fran Fine on the TV series The Nanny, will share her battle with cancer at the 2013 Guardian Angel Benefit for Women's Cancer on Sunday, Oct. 27, CancerCare Manitoba announced on Friday.

METRO

Jail time. Ohio man gets two years for smuggling child porn into Manitoba

An Ohio man has been sentenced to two years in jail for smuggling child pornography at the Emerson crossing, the Canada Border Services Agency said on Friday.

Matthew William Emmerling was sentenced on May 30 in a Winnipeg courtroom.

The CBSA said Emmerling

tried to cross the border at Emerson on Jan. 17 to deliver a commercial load, but was referred to a secondary examination. It was during this second search that CBSA officers discovered suspected child pornography on a mobile phone and two portable storage devices. **METRO**

1 NEWS

Thousands took to the streets in downtown Winnipeg Sunday for the 2013 Pride Parade. The colourful hour-long party started and ended at the Manitoba Legislative Building and stopped traffic as it wound its way down York and Broadway avenues like a rainbow snake. As always, the parade was filled with floats, marching bands, drag queens, bubbles, sparkles, a lot of neon and so much laughter.

SHANE GIBSON/METRO
shane.gibson@metronews.ca



3

3 Wide-eyed pride.

Laura Porath brought her handmade "love puppet" along with her to bring peace and love to the parade.



4

4 I'll-be-your-hero pride.

Dallas Radcliffe, 4, wore a rainbow flag as a cape as he kept up with the crowd.



5

5 Hips-don't-lie pride.

John Youngman, right, gives Ryan Richard a spin.



1

1 '80's pride.

Kyle Ross, left, and Rob Harder took the party with them wherever they went during the parade with a ghetto blaster and some killer dance moves.

2 Rainbow-bearing pride.

Aaron Paul danced like everyone was watching with his flag next to Fame Nightclub's float.



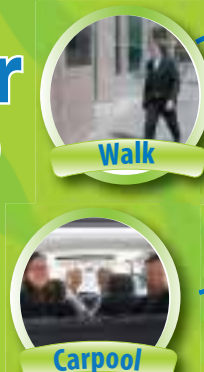
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Tax 'amendment' will cost insurers \$1 billion

GST bonanza. Owed amounts date back to a 2005 Finance Department release implemented in 2010

Canada's insurance industry faces a \$1-billion GST bill at the end of this month, thanks to a federal tax move critics say smacks of a "banana republic."

The massive tax hit applies to some financial services that insurers say were never before subject to GST.

The GST now owed is retroactive seven years, back to 2005, when the federal Finance Department issued a news release saying it planned to amend tax legislation —



Finance Minister Jim Flaherty with Prime Minister Stephen Harper in March. A massive retroactive GST ruling from the Finance Department has insurers fuming. THE CANADIAN PRESS

something it didn't get around to implementing until 2010. Critics say that apart from

the body blow to the books of domestic insurers, the "massively distortive" tax grab

sends a signal to global investors that Canada is no place to do business. That message, they say, challenges any claim the Harper government is a tax-cutter and a good steward of the economy.

"I have lost count of the number of times that global tax directors have used the words 'banana republic' when I describe this legislation to them," says Michael Firth, a tax partner at PricewaterhouseCoopers Canada, and chief among the critics.

"They don't believe it. They go, 'You're kidding me? Can they really do this?'"

For its part, the Finance Department says it hasn't changed GST legislation at all, but rather clarified rules that were poorly drafted when the GST was born in 1991.

THE CANADIAN PRESS



Lovers in a dangerous time

A couple celebrates their wedding in Taksim Square on Sunday, a day after Turkish police pulled out of Istanbul's iconic square following a second day of violent clashes between protesters and police over a controversial development project.

GURCAN OZTURK/GETTY IMAGES

Culture of silence. Former soldiers fear wounded and traumatized military survivors will be forgotten

In 2010, former corporal John Lowe finished his tour in the killing fields of Kandahar.

His generation of soldiers has a myriad of money and recovery programs, but checking yourself into one is known within the ranks as "spin dry."

It can be the kiss of career death for a soldier to put their hands up and say they have a problem with the horrors they've witnessed.

"It's the culture; the culture is totally different," said Lowe, "One of our mottos is suffer in silence. That's

what's honourable. That's what we're taught."

Lowe came home alone, a month ahead of his buddies in Charlie Company, 1st Battalion Princess Patricia's Canadian Light Infantry.

Lowe is part of a group of Canadian soldiers and veterans, many of them struggling with post-traumatic stress, who arrived in London Sunday after a gruelling six-day cycling ride from Paris.

They took part in an event put on by the British-based charity Help for Heroes, which gathered 300 riders from the United

Kingdom, Canada and the U.S., including a number of amputees who lost limbs in Afghanistan and Iraq.

The Harper government takes great pride in saying it has poured an additional \$130 million into improving the system of military medical care since being elected, including an oft-trumpeted \$11.4 million for mental health.

But according to accounts from soldiers past and present, it is still a system of stifling bureaucracy, occasional leadership indifference, but most of all, prejudice.

Dave Penasse, a former armoured vehicle driver who served in Bosnia, says he's concerned that as the war in Afghanistan becomes a distant memory for the public, people will forget about the 2,047 who were wounded physically and mentally.

"It is sad to think about, but if a country is not a war, there's less media attention (on the military), less and less and less, and then there's none," he said. "People forget so easily what these people have been through."

THE CANADIAN PRESS

Pistorius trial. Athlete's family 'shaken' by alleged crime-scene photos

Oscar Pistorius' family said Sunday it was "shaken" by the "graphic" leaked images broadcast by a British television station that purport to show the bloodied bathroom where the Olympian fatally shot his girlfriend on Valentine's Day.

In a brief statement two days before the double-amputee athlete is due back in court for a hearing ahead of his murder trial, the Pistorius family said the images shown by Sky News on Friday did not help the legal process.

"We were shaken by the

graphic images, leaked into the public domain this week, of the accident scene at Oscar's house," the family said. "It has always been our plea that the legal process be allowed to run its course with integrity. The leaking of evidential material into the public domain before the court case does not advance this process."

The images have not been verified by The Associated Press or South African police.

Pistorius is due in court Tuesday.

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Terror. U.S. and Russia 'need to work more closely' on security: Congressman

The head of a U.S. congressional delegation said Sunday that its meetings in Russia showed there was "nothing specific" that could have helped prevent the Boston Marathon bombings, but that the two countries need to work more closely on joint security threats.

Dana Rohrabacher, a California Republican congressman who led the six-member delegation, described discussions with Russian parlia-

mentarians and security officials as productive.

Some of the meetings, he said, were made possible by American actor Steven Seagal.

Seagal, who attended the news conference in the U.S. Embassy, is well connected in Russia. He met with Russian President Vladimir Putin in March, and last week paid a visit to Ramzan Kadyrov, the strongman who rules Chechnya. **THE ASSOCIATED PRESS**



Rep. Dana Rohrabacher, front, actor Steven Seagal, right. THE ASSOCIATED PRESS

Storm chasing legend killed in Friday twister

Oklahoma City. Saskatchewan tornado hunter says chaser deaths are rare, but storm pattern was 'unprecedented'



MORGAN MODJESKI
Metro in Saskatoon

Three of North America's best-known storm chasers were among 10 killed after a tornado hit the El Reno area of Oklahoma City during rush hour on Friday.

Tim Samaras, called the Wayne Gretzky of storm chasing, his son Paul Samaras and storm chaser Carl Young were all killed when an EF3 tornado, with winds up to 165 m.p.h., barrelled into the area.

Saskatchewan tornado

hunter Greg Johnson was chasing the same tornado that killed the three men.

"Is it dangerous? It sure is. We're putting ourselves into the danger zone, but the thing is, we have very sophisticated technology and we have a really good understanding of how storms behave, so this is a very rare incidence," said Johnson.

Johnson said the Tornado made a 90-degree left turn and headed north in a pattern that he called "almost unprecedented."

"We got caught in the same storm and we were basically in a different location, but in the same situation as Tim," said Johnson.

He said Tim Samaras was one of the best storm chasers in the field, adding he had a chance to visit with Tim and his team two weeks ago in Texas.



Greg Johnson was also chasing Friday's killer tornado, seen here. GREG JOHNSON

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News worth sharing.



Two seniors homes in southern Alberta are being treated for bedbugs. Health officials say the pests are hard to find and hard to kill. ORKIN LLC/THE ASSOCIATED PRESS/THE CANADIAN PRESS

Seniors homes trying to get rid of bedbugs for months

'Very hard to kill.'
Alberta Health Services says time taken to deal with bugs not a sign of severe infestation

Two seniors homes in Alberta are being treated for bedbugs, but health officials say there's no reason for concern beyond the "ick" factor.

Staff at the Pemmican Lodge and Black Rock Terrace in Lethbridge have been dealing with the itchy insects for the last few months.

While bedbugs are for the most part harmless, the stealthy insects are hard to detect and even more difficult to kill, said Lynne Navratil, supervisor of safe-built environments for Alberta Health Services.

THE CANADIAN PRESS

Unusual spots

Bedbugs have popped up in some unusual places.

- Four buses in Edmonton were fumigated this year after reports of bugs.
- Bugs were spotted at courthouses in Vancouver and St. John's, N.L.

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Policy change

Want a coffee
and a smoke?
Not at Starbucks

Starbucks customers will now have to stamp out their cigarettes before approaching the cafés. The chain has banned smoking within 25 feet (about 7.6 metres) of its stores. A Starbucks spokeswoman says the idea is to expand the indoor no-smoking policy to the outdoor seating areas. The policy shouldn't cause a big difference in many areas that already ban smoking within a certain distance of a business entrance. **THE ASSOCIATED PRESS**

Ebook price-fixing. Apple,
U.S. Justice Department to
square off in antitrust case

In a civil case where the words of Steve Jobs play prominently, the U.S. government and Apple Inc. are set to square off over allegations that Apple conspired with the country's largest book publishers to make consumers pay more for electronic books.

U.S. District Judge Denise Cote is scheduled to begin hearing the price-fixing case Monday in federal court in Manhattan.

The trial stems from an antitrust lawsuit brought last year by the Justice Department, which accused Apple of help-



Visitors look at ebooks at the Frankfurt Book Fair in this file photo. On Monday, an ebook price-fixing case against Apple will get underway in Manhattan. **THE ASSOCIATED PRESS FILE**

ing hatch the scheme at a meeting with publishers in 2009 as it was preparing to launch the iPad. **THE ASSOCIATED PRESS**



Brook Drum, the founder and CEO of Printronix, talks about his \$299 US portable 3-D printer on May 15 during the Hardware Innovation Workshop in San Mateo, Calif. Such printers usually extrude plastic, layer upon layer, to create objects. **ERIC RISBERG/THE ASSOCIATED PRESS**

The next industrial
revolution is coming
to a printer near you

3D printers. Emerging technology could disrupt mass manufacturing by changing how and when things are made

Invisalign, a San Jose company, uses 3D printing to make each mouthful of customized, transparent braces. Mackenzies Chocolates, a confectioner in Santa Cruz, uses a 3D printer to pump out chocolate moulds. And earlier this year, Cornell University researchers used a 3D printer, along with injections of a special collagen gel, to create a human-shaped ear.

Once a science-fiction fantasy, three-dimensional printers are popping up everywhere from the desks of home hobbyists to Air Force drone research centres. The machines, generally the size of a microwave oven and costing \$400 US to more than \$500,000 US, extrude layer upon layer of plastics or other materials, including metal, to create 3D objects with moving parts.

Users are able to make just about anything they like: iPad stands, guitars, jewelry, even

Try this at home

- Starting in June, office supply chain Staples plans to be the first major retailer to supply 3D printers with "the Cube," a plug-in device that uses 16 colours and costs \$1,299 US.
- In September, the smallest and cheapest 3D printer on the market, a printing pen called the 3Doodler that's priced from \$50 US, is due to start shipping.

On-the-spot production

What's the
advantage of
3D printers?

On ground, sea or air, when parts break, new ones can be made on the spot, and even the tools to install them can be made, eliminating the need for staging parts in warehouses around the world, said Jeff DeGrange, vice-president of Direct Digital Manufacturing at Stratasys Inc., currently the industry leader in a field of about 50 3D printer companies.

"We're going to see innovation happening at a much higher rate, introduction of products at a much higher rate," said DeGrange. "We live in an on-demand world now, and we'll see production schedules are going to be greatly compressed."

Airplane mechanics could print a replacement part on the runway. A dishwasher repairman could make a new gasket in his service truck. A surgeon could print a knee implant custom-designed to fit a patient's body.

But the military, D'Aveni said, is likely to be among the first major users of 3D printers, because of the urgency of warfare.

guns. But experts warn this cool innovation could soon turn controversial — because of safety concerns but also the potential for the technology to alter economies that rely on manufacturing.

"We're on the verge of the next industrial revolution, no doubt about it," said Dartmouth College business professor Richard D'Aveni.

"In 25 years, entire industries are going to disappear. Countries relying on mass manufacturing are going to find themselves with no revenues and no jobs."

THE ASSOCIATED PRESS

Quoted

"We believe that 3D printing is fundamentally changing the manufacturing ecosystem in its entirety — how and where products are made and by whom." Peter Weijmarshausen, CEO of New York-based Shapeways, an online company that makes and sells 3D printed products designed by individuals.



Temple to the Stars gets a facelift

A man takes a photo of the interior of Wilshire Boulevard Temple in Los Angeles. From its very beginnings, the imposing marble edifice with the glistening copper dome rising 100 feet above the edge of downtown has been a major Hollywood production. During the Golden Era, movie moguls including Louis B. Mayer helped bankroll the cavernous synagogue, and it became known as the Temple to the Stars. Now, it's getting a \$150 million US reboot — just in time for summer release. In the coming weeks, the sanctuary's ornate front doors will open for the first time in nearly two years, allowing the public to see a restoration that includes refurbished murals depicting the history of Judaism by the great film artist Hugo Ballin. **THE ASSOCIATED PRESS FILE**

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MORE PHOTO RADAR? JUST DO IT

Want to know the most popular TV show among government types in Manitoba? Apparently, it's *Mad Men*.

Yes, the return of Don Draper to the TV screen this spring has inspired all sorts of odd ad campaigns, from the fake "Responsible Winnipeg" group created by Mayor Katz and Coun. Wyatt, to the MGEU's bizarre "Elephant Talk" commercials, to the province's effort to convince us a PST increase is "What Matters Most" to Manitobans.

And now the civic administration wants to exercise its creative muscles with a \$200,000 campaign to sell the benefits of photo enforcement of speeding and red light violations.

Apparently they didn't want to start with something easy, like promoting cod liver oil or root canal surgery.

So, in the interest of saving money and criticism, let's look at some famous ad slogans of the past and how they could pro-



URBAN COMPASS
Colin Fast
winipeg@metronews.ca

vide strategic direction to the city on how to proceed with photo enforcement.

It Keeps Going, and Going.... Any of the safety issues caused by photo enforcement — primarily an increase in rear-end collisions due to sudden stops — are because people still drive differently at intersections with cameras. If the photo enforcement program was expanded throughout the city, it would help normalize driving behaviour and we'd all be more diligent behind the wheel at all times.

Where's the Beef? — The city put out a report a few years ago by the Traffic Injury Research Foundation that concluded photo enforcement has improved safety on Winnipeg streets.

Trouble is, the city and MPI have been reluctant to release much data to support those claims. Yes, there's always a chance that critics will twist collision reports to back their claims, but transparency will ultimately build public confidence, so show us the beef!

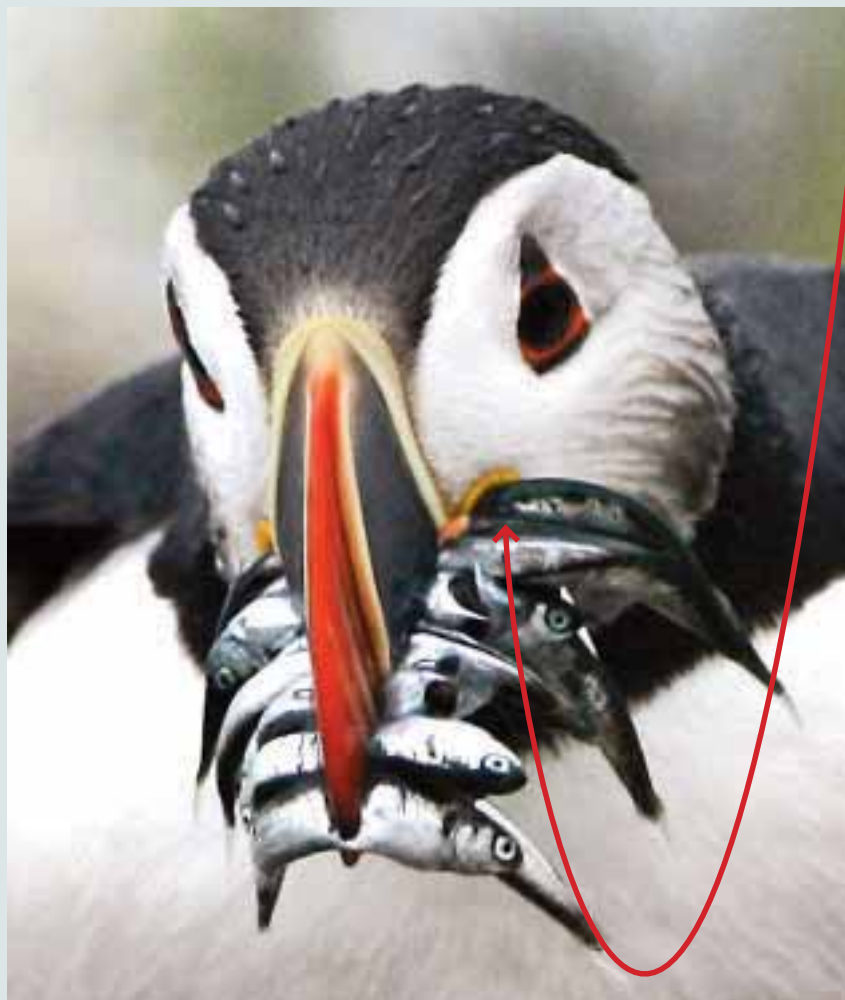
Think Different — The city can't just think of problem intersections as revenue generators. If a location consistently ranks among the worst for traffic offences, that's a signal something needs to be done. Maybe the speed limit is too low for the area, or the design of the street needs to be changed to encourage drivers to slow down. Narrowing lanes, planting trees along the side of the road and reducing the setback for buildings can all provide visual cues to drivers that they should lay off the pedal.

Ray Charles to the BS — OK, not an ad slogan so much as a personal credo for Winnipeg Jet Evander Kane (and a line from a Lil Wayne song), but it works here. Certain interest groups and newspaper columnists will never lay off photo enforcement, because the bashing is good business for them. You could spend \$200,000 or \$200 million, and it wouldn't make a difference. So it's best to ignore the haters, and ...

Just Do It — Bottom line for photo radar is that you only get a ticket if you're breaking the law. It's the easiest "money grab" in the world to avoid, and the city shouldn't feel like it needs to apologize or defend itself for continuing to grow the program.

ZOOM

What plagues the puffin?



THE ASSOCIATED PRESS FILE

East coast seabirds dying of starvation

This Atlantic puffin is seen with a beak crammed with fish to feed its young, but the population is at risk in the Gulf of Maine. The comical-looking seabirds have been dying of starvation and losing body weight, possibly because of shifting fish populations as ocean temperatures rise, according to scientists.

THE ASSOCIATED PRESS

Butterfish too fat to feed to the kids

Instead of feeding their young primarily herring, puffin parents were giving them large numbers of butterfish, a more southerly fish that's becoming more abundant in the Gulf or perhaps more accessible to seabirds because they've moved higher up in the water column.

But the chicks ended up starving to death because the butterfish were too big and round for them to swallow, says Steve Kress, director of the National Audubon Society's seabird restoration program. Piles of uneaten butterfish were found next to some of the dead birds.

The amount of herring in the puffin's diet has been falling by about five per cent a year. THE ASSOCIATED PRESS

Clickbait



LUKE SIMCOE
luke.simcoe@metronews.ca

Who says games have to be fun? If you're over

Angry Birds and tired of being a **Fruit Ninja**, give some of these smartphone distractions a spin. What they lack in playability they make up for in sheer baffling wonderment.



Enviro Bear 2010:

In what some reviewers describe as "an elaborate troll," you take on the role of a car-driving bear trying to stock up on food for the winter. The only catch? The controls are almost meaningless, and winning seems impossible.

Play as zombie composer Frederic Chopin as he dances on a piano while battling French rappers. What's not to love?

QWOP:

The grand-daddy of futile games. For merely 99 cents, iPhone users can try — and fail — to lead a track star across the finish line, one floppy muscle group at a time.

Frederic — The Resurrection of Music:

Letters

RE: Whiny Airplane Travellers Can Go Fly a Kite, published May 29

In John Mazerolle's column He Says, he talks about how whiny people can be on airplanes and how annoying it can be.

He goes on to say he loves flying.

I know some people are annoying needlessly, but there are some people like me who hate flying due to mental illness.

We folks suffer severe anxiety

and it can be quite uncomfortable at times. I don't say anything out loud and bother people, I just suffer in silence.

I have two sisters who live out West and so I have to fly to see them and it's something that can be very stressful.

I realize he's trying to be funny, but for some of us it's not a laughing matter.

It seems as though he wasn't thinking about people like me when he wrote that and I am offended enough to write to you about it.

Jim Inglis, Halifax

WE WANT TO HEAR FROM YOU:

Send us your comments: winipegletters@metronews.ca

Parental guidance suggested

Will and Jaden Smith teaming up for *After Earth* has us thinking of other real-life parent-child movies

MATTHEW PRIGGE
Metro World News in New York



Will and Jaden Smith aren't the first parent-offspring duo to team up on the silver screen. HANDOUT

Box office

After Earth, the futuristic caper starring father-and-son team Will Smith and Jaden Smith, opened to \$27 million, good for third place. With its super-charged muscle cars, *Fast & Furious 6* raced to first place at the box office for the second consecutive weekend. The magic-heist thriller *Now You See Me* exceeded industry expectations to debut in second place with \$28.1 million.

The actors, films

Melvin and Mario Van Peebles

Sweet Sweetback's Baadasssss Song (1971)

Their ages

39, 14

Their roles

Melvin plays an entertainer at a brothel falsely accused by "The Man." Mario plays his younger self in a fairly graphic introductory scene where he loses his virginity to a prostitute. Thanks, dad!

The results

Even though what was shot very nearly qualifies as child pornography, it apparently wasn't traumatic. Mario grew up idolizing and often working with his father. He became a filmmaker himself, making *New Jack City* and *Baadasssss!* — an account of the making of his father's pioneering black cinema classic. Mario even stars as his wildly charismatic, cigar-chomping, lady-killer pop.

Ryan and Tatum O'Neal

Paper Moon (1973)



32, 10

Ryan is a charismatic con man in the Depression-era South who collects fraudulent fees from rubes for bibles. Tatum plays a little girl who may be his daughter. She proves a grifting prodigy.

Ryan, often a wooden rent-a-hunk, was atypically alive and hilarious in this Peter Bogdanovich comedy. Ditto, for that matter, Tatum, who became the youngest-ever Oscar winner. She did *The Bad News Bears* but struggled through an adult career. Ryan, meanwhile, did two more films of major note (*Barry Lyndon* and *The Driver*), but soon returned to crap films. Their relationship became strained. Tatum alleged that Ryan hit on her at Farah Fawcett's funeral.

Henry and Jane Fonda

On Golden Pond (1981)

76, 44

Henry is a crotchety, terminally sweary old-timer who is estranged from his daughter, played by Jane. This isn't that far from the truth, except that Henry wasn't married to Katharine Hepburn.



The two were famously estranged, despite him being, like her, a liberal — back when such a thing wasn't cool. The film helped them patch things up, just as what happens in the film. Henry died soon after winning his first Oscar, which Jane accepted on his behalf.

Martin and Charlie Sheen

Wall Street (1987)



47, 22

Charlie is an upstart who gets associated with the wrong scene, while his father scowls. They also acted in this movie together.

The two would reunite, for about 10 seconds, in *Hot Shots Part Deux*, in a scene that parodies *Apocalypse Now*: Passing by each other on ships, they simultaneously stand and proclaim, "Loved you in Wall Street!"

Sylvester and Sage Stallone

Rocky V (1990)

44, 14



Sly is a slow mumblemouth who solved the Cold War, but is still stuck penniless in a miserable South Philly neighbourhood because his brother-in-law Paulie is an idiot. Sage is his resentful son who gets an earring.

Sage took over the role of Rocky Jr. from someone actually named Rocky Krakoff. He didn't get great reviews, but neither did the film. Still, he acted again with his dad in *Daylight*, and appears in Vincent Gallo's *Promises Written in Water*, which Gallo won't let anyone see. Last year, Sage died of a heart attack at 36 years old.

Jon Voight and Angelina Jolie

Lara Croft: Tomb Raider (2001)

63, 26

Jolie is a buxom archaeologist who does all the things that Indiana Jones can't, like have breasts. Voight is her dead father who she meets in an alternate dimension.



Jolie and Voight have had a bumpy relationship. They reconnected as her career exploded, then "broke up" again, then came back together after her mother's death. Still, Voight said he found out about her double mastectomy with everyone else.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Statham starves himself, Leo finds another angel



STARGAZING
Malene Arpe
scene@metronews.ca

Jason Statham is eating nothing but rice and spinach in order to get in shape for a role. The part is that of a miserable dieter driven to a life of crime and violence and ultimately finding redemption after accidentally consuming eight Mars Bars.

Justin Bieber is again investigated for reckless driving. It was all a giant mis-

understanding. His pants got tangled in the steering wheel and his ego got tangled with his perception of reality.

Amanda Bynes Twitter-feuds with Rihanna while Frances Bean Cobain Twitter-feuds with Kendall Jenner and Kelly Osbourne rekindles her old feud with Lady Gaga in a Cosmopolitan interview. Next week, just to keep things interesting, Rihanna will go after Kendall on Instagram while Gaga hits Amanda over the head with a rolled up magazine.

Leonardo DiCaprio is dating a Victoria's Secret model. This would be his fourth Victoria's Secret girlfriend. Perhaps it's time to try Land's End or L.L. Bean.



Beyoncé. PHOTOS: GETTY IMAGES

Beyoncé drinks to her non-existent pregnancy

Beyoncé certainly knows how to deal with those pesky pregnancy rumours: The singer, who has been plagued with speculation she's expecting for the past month, posted a photo to her Tumblr blog from her recent visit to Germany showing her perched

in husband Jay-Z's lap sipping a glass of red wine. While it's not an out-and-out denial, the message seems to be clear. This comes on the heels of Jay-Z saying in a radio interview that rumours of Beyoncé's pregnancy are "simply not true."

Twitter



@RebelWilson

When I'm out listening to podcasts it takes my mind off the fact that I'm doing cardio (which is good)



@oliviawilde

Prep for new movie involves wearing trash bags, tin foil, and face plaster. Gaga, eat your heart out?



@SofiaVergara

Exciting news, I'm the next person to get a Madame Tussauds wax figure. So honored!

More tattoos for Justin? You better Belieb it!

Justin Bieber can't stop getting tattoos — or at least he won't stop. The 19-year-old pop star appears to be averaging about one new piece of body art a month for 2013. His latest, as unveiled when he attended the premier for pal Jaden Smith's new film, *After Earth*, appears to be a rendering of a knight in shining armour on the inside of his left forearm, according to Splash News. That happens



Justin Bieber

to be the arm where he's put most of his new ink, including a tiger head on his bicep and an angel by his wrist.

Bynes is sick of the 'insanity' of magazines

Amanda Bynes is now making an effort to control what the press write about her — under threat of lawsuit. "All magazines: Contact me personally! I'm sick of your insanity! You can not talk about someone you don't know," she wrote in her latest Twitter screed. "You can't state something

about me by hearing it through someone I don't know (or) met once and never spoke to again who now claims to still know me enough to check my brain and search inside it and find a developed-at-27 mental illness without getting a huge lawsuit at your office."



Amanda Bynes

Downward spiral leads to rehab for Hoffman: source

Oscar-winning actor Philip Seymour Hoffman quietly completed a 10-day stint in rehab late last week to address a reported growing drug problem that topped out with the actor allegedly snorting heroin, according to E! News. Hoffman's problems are said to have started last

year with prescription pill abuse and escalated from there, though sources say he only took heroin for about a week before checking himself into a treatment facility after recognizing his downward spiral. "He recognized it and took care of it," says the source.



Philip Seymour Hoffman

Who's not a Twihard? Frances Bean Cobain, of course

To hear Courtney Love tell it, her daughter, Frances Bean Cobain, was a lock for the role of Bella in the *Twilight* series before it eventually went to Kristen Stewart — despite the fact that young Frances was few years behind

Bella, who is a senior in high school in the first film. "When (Frances Bean) was 13 she was offered *Twilight* — she was offered (the role of) Bella in *Twilight*. That's a true story," Courtney tells Howard Stern in an inter-

view. "Someone just saw a picture of her in a magazine and sent me the script for *Twilight* and she was like, 'That's a sexist, Mormon piece of s—!' She was 13! It would have destroyed her life."

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Lighter load

Re-use plastic pill container as sunscreen bottle

We all know it's important to re-apply sunscreen, but carrying around a whole, full-sized bottle of sunscreen can be cumbersome. Lighten up your load



with this simple tip: Re-use a plastic pill container as a smaller sunscreen bottle. Wash the pill bottle and fill it with sunscreen—it's the perfect size to use on the go and handy if you carry different sorts of sunscreen. It's that easy and it's great for camp, cottage, or taking to the beach. **CAROLINE FERNANDEZ/YUMMYMUMMYCLUB.CA**

Works a charm

Use the toy trick when travelling with a crying baby

When travelling with your infant who screams because he or she hates the car, make sure you have a pile of soft toys stacked up beside you on the passenger seat. At red

lights or stop signs you can reach your arm back, and drop a new soft toy on his or her lap (or head — it's hard to have good aim, that's why they're soft.) This will distract your baby long enough for you to drop another new toy at the next stop sign or red light. It's like magic, I swear. **JEN WARMAN/YUMMYMUMMYCLUB.CA**

Exclusively Online

Dora the Wine Fridge Explorer? Si! Read more comedic (mis) adventures of parenthood online, with a glass in hand, with Reasons Mommy Drinks at metronews.ca/voices



Her body is her body, and it's meant to dance, not quit

Staggering statistic.

Six out of 10 girls avoid activities because they don't like their bodies. We as parents must help to lower that number

ALI MARTELL

yummyummyclub.ca

I took ballet for 10 years. From the time I was two years old until I was 12, I spent several days a week perfecting my pliés and pirouettes and arabesques and revoltades.

I might have even been good, too, but I'll never know.

Because I quit.

Because I was a stupid pre-teenager. It was too hard, too time-consuming. And there was a little not-allowed-to-wear-underpants-underneath-the-leotard situation.

But mostly, I quit because of my body. At age 12, my body began changing — it was too large in some places and too small in other places. I was, like many girls are before they grow into their women-bodies, the bodies that will one day



Ballerinas of the future need positive role models at home. ISTOCK

grow their babies — a wee bit awkward. Apparently, and unfortunately, I'm not alone in this. Six out of 10 girls avoid activities because they feel badly about the way they look.

When my oldest daughter was born and I heard that lovely "It's a girl!" announcement, the first thing I said was, "God, I can't wait to put her in a tutu." And I stayed true to my word. She was in a tutu almost before she could speak.

At 12, she is my mini me.

She looks almost exactly like me; she's built almost exactly like me. Once, just once, we had the conversation I worried about the minute I became the mama to a daughter:

"Mama, I hate my body."

"What?"

"My friends are all so tall and thin. I am short and stout, like the little teapot."

"We are all built differently, my love. You are the perfect you that you can be."

"Hrm. I don't know if you

are right."

"Do you exercise?"

"Of course. I bike and swim and dance and play basketball and walk to and from school and jump on the trampoline and I'm thinking of trying out for track and field."

"Do you eat a lot of foods that are good for you?"

"Of course. I love peppers and broccoli and green beans and artichokes and asparagus."

"Then that is all that matters. If you treat your body the

way it should be treated, your body will grow into what it should be — a perfect woman."

I don't want her to quit like I did. She's so good. Six out of 10 girls avoiding activities. Six out of 10! I don't want my daughter to be one of the six. Research shows, though, that when girls have positive role models at home — often mom — they tend to be less likely to let their anxieties get the better of them. Her body does amazing things — she can pop and lock and shake and shimmy and whatever those young kids are doing these days. And there are moments when she's on that dance floor, and I'm sure that she's flying.

I want her to know that bodies come in all shapes and sizes. It's my job as her mother to remind her of this and to not make the same mistakes that kept me from pursuing something I loved, something I could have been amazing at.

Her body is her body, and it's a body that's meant to dance. To fly. To be celebrated. To wear a tutu if she wants.

Not to quit.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD



10 sure-fire ways to know you're a parent

This list is here for clarity, because I'm assuming a lot of you were wondering this very question: "Am I? Am I really a parent?"

10) You've spat on your finger to wipe food/dirt/poo off of your child's face.

9) You've had saliva, urine, and feces sprayed/mashed/

smear on you at some point or another.

8) At any moment, you could cry. You never know when, but it could happen. Like. Right. Now. "They're so beautiful."

7) At any moment, you could rage. Like. Right. Now.

6) In your WORK bag, you find

the strangest stuff: a soother, a crushed juice box, half a crayon, a lid to something, a doll, a mini truck, a sandwich crust, rocks from the garden...

5) You see danger around every corner. And if it's a sharp corner — you pad it.

4) You do shit you never thought you'd do, and think,

"I'm sorry for judging you other parent that I judged that one time..." (and let's be honest, it was more than just one time). You now have that kid.

3) You have 1,756 photos on your phone and 1,752 of them are of your child/children

2) Your dog (a.k.a your first baby) is terribly neglected: he

needs a haircut, probably has fleas and only gets fed if you remember.

1) And the number one way you can tell that you're a parent? Your heart always aches with a love so heavy that you finally understand why parents do the crazy things they do for their children.

JEN WARMAN/YUMMYMUMMYCLUB.CA

Of jitters and genders. Who is more prone to panic at a job interview?



Are you as tough as nails or does interview anxiety often get the best of you? ISTOCK

Coming down with a case of the jitters during a job interview is hardly surprising, but is anxiety experienced in these high-pressure settings greater for men or women?

A University of Guelph study found there was no difference between males and females when it came to self-reported and interviewer-rated anxiety. However, there was a gender divide when it came to interview performance — and males were affected more.

PhD candidate Amanda Feiler first started ruminating on the subject of interview anxiety while working on her master's thesis, which was around the time of the recession. She recalled thinking of those who would be losing their jobs and the pressures they'd be facing in subsequent interviews.

"One of the big questions that we had with my thesis was in terms of gender differences with interview anxiety," Feiler, 27, said in a phone interview. "Do men experience more anxiety than women, or is it vice versa? And is the effect worse for men than it is for women?"

As it turns out, it's a bit of both, according to a study co-authored by Feiler and Deborah Powell, an assistant professor in the psychology department at the University of Guelph.

Researchers recruited 125 participants — 43 males and 82 females — aged between 18 and 22, who were undergraduate co-op students.

As part of their course credit, they were required to take part in mock interviews for a position within one of 15 organizations where they were interested in submitting applications, and were assigned an interviewer employed by the campus career centre.

The interviews were recorded and included both unstructured and semi-structured behavioural questions, starting from the general "tell me a

We know you're nervous

Both Feiler and Powell said there may also be the possibility of sex stereotyping where interviewers are expecting males to be more assertive and confident.

- Powell said it's key for individuals to remember the interview process is a social interaction where interviewers will expect some anxiety, and that apprehension levels may not be as noticeable as candidates perceive them to be.

little about yourself"-type queries to the more specific, such as how they resolved a situation with an angry customer.

Both the interviewers and interviewees were asked to rate the anxiety levels of candidates.

"What we actually found is that there were no gender differences between men and women in terms of their self-reported and interviewer-reported anxiety, but that men suffered greater impairments in terms of interview performance than anxious females did," Feiler said.

Powell said they originally wanted to see the correlation between how people rated their own anxiety and how interviewers rated their anxiety, in addition to how anxiety affected a candidate's performance.

"We suspect that people who appeared more anxious and also felt more anxious would get lower scores on the interview questions — and that was the case," she said. "So people who were more anxious didn't do as well in the interview. And that was the effect that was even stronger for men."

THE CANADIAN PRESS

Secrets the staffing crew ain't gonna spill

No tips from our lips.

Look beyond the job description to discover what characteristics are going to set you apart from the crowd

YLVA
VAN BUUREN
CareerBear.com

If you're in the midst of a job search, you know it's important to study every job description to understand what the position requires — and how your skills and experience tie in.

But there are also certain characteristics that are valuable to organizations that you won't ever see in a job description, says Stefan Danis, CEO of Mandrake and NEXCareer.

"What you bring to a job really goes beyond your experience and skills. Organizations today are also looking for an attitude to align with or lift their culture. Those extras are often what make one person more hireable than another."

Here's the list that HR won't share:

Character

"We're constantly faced with having to make decisions and at the end of the day employers want to know that you'll make the right decision for them," Danis says. For example, if the company is in survival mode, they need you to make the right short term — and often difficult — decision. If the company is about growing into a long-term, sustainable business, they want someone with a longer time horizon who won't cut corners. To see if you have the character the company is looking for, the

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.



A lot of people meet the job requirements but the most valuable employee doesn't settle for meeting expectations, says Stefan Danis — he or she exceeds them. ISTOCK

interviewer might ask questions about facing difficult decisions and how you chose to handle them. "They're looking at your moral compass, integrity and follow through."

Positivity

"We all have stories about someone with a negative attitude. I believe more organizations are trying to scan for that. Positivity is not a necessity to do your job, but negativity is toxic to the work environment," Danis says. Valued employees project a happy disposition and a glass-half-full attitude.

Adaptable

Organizations today need people who are resilient and able to change as the company

changes direction. "People who resent and resist change are literally a drag on an organization," Danis says. For example, if a company has to suddenly cut costs or lay off staff, "someone who can renew their vows to the organization's new direction almost immediately is very valuable."

Industrious

While companies promise mentoring and training, staff shortages or busy work schedules often result in new employees being left to figure things out on their own. "Let people know that while you value mentoring you acknowledge that it is sometimes difficult for people to follow through on doing it. A valued employee resists blam-

Minimal drama

- Personal and work lives are more intertwined than ever due to technology and the fact that more people work occasionally from home.
- "So while more work is done from home, organizations are usually not tolerant when someone brings 'home' issues to the office." Drama, intrigue and in-fighting are office staples — don't get involved, says Danis. Your boss won't tolerate office opera either.

ing the organization; instead, that person figures things out by quickly building an internal support network," Danis says.

Dependable

"Having the discipline to follow through is so important. When asked to do something, a valuable employee never lets you down." You can prove this with examples that show how you successfully completed a variety of often-conflicting assignments on time and on budget.

Job focused

Organizations want employees who do what they are paid to do. Surfing the web has taken over as the number one time waster in the office, says Danis. "It is killing productivity. Turn Facebook off and resist visiting LinkedIn and your stock picks. That should all be done at home."

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Stay healthy during the hustle. You can't let the sneezes slow you down when there is so much to do

JULIA WEST
Metro World News

You may claim that your job — or your boss — is killing you, and the truth is, it could actually be harming you. Poor lunch decisions when you're on the go, uncomfortable chairs and germ-y work stations might be taking a toll on your immune system. With a few thoughtful workplace changes, though, you can make your office a place of health and not harm. (Unfortunately, we can't help you with your boss.)

If you work in an office, you probably spend the majority of your day at your desk. Make sure it isn't a breeding ground

Put the "work" in workout

Find ways to sneak a little exercise into your workday

- Get your blood flowing with a few lunges or heel lifts at your work station.
- If you're shy about the desk workout routine, burn calories more discreetly by parking farther away from the building, or opting for the stairs rather than the elevator.
- Or just go for a walk during your lunch break.

for bacteria.

"Sanitize your workspace," suggests life coach Stacia Pierce of Ultimate Lifestyle Enterprises.

"Keep disinfectant wipes near to wipe down your mouse, keyboard and phone."

Pierce also suggests getting fresh air by eating lunch outside whenever possible. Kathy Gruver, a health and wellness practitioner, agrees. "Get outside for fresh air and sunlight, which can help that after lunch feeling of sleepiness," says Gruver. "Add in exercise and stretching throughout the day. We are still when waiting for things to load, fax, and copy. This is the perfect time to stretch and move the body."

You might be surprised which careers offer the healthiest lifestyles. According to Leslie Caccamese, director of strategic marketing and research at Great Place to Work, grocery clerks are often in good shape.

"At Whole Foods, team members are educated on healthy eating so they can share that information with their customers," says Caccamese.

"Team members also get an extra discount at Whole Foods stores for maintaining healthy biometric standards."



Don't just expect the nighttime crew to wipe away all the germs from the day. Bring along your own cleanup kit.

ISTOCK



→ Power Engineering - 5th Class Information Session

Learn more about the Power Engineering - 5th Class Certificate program and careers in this field. Meet instructors, ask questions, and learn about entrance requirements.

Date: June 5, 2013

Time: 7:00 pm - 9:00 pm

Location: White Lecture Theatre
2055 Notre Dame Ave.

rrc.ca/pow



→ Railway Conductor Information Session

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Date: June 4, 11 and 18, 2013

Time: 7:00 pm - 8:30 pm

Location: White Lecture Theatre
2055 Notre Dame Ave.

Intakes: September, January and May

rrc.ca/railway



The black and white blahs

Finding your labour of love. Escape life on the polar ends of professionalism with Live in the Grey

Loving your job just might be the oldest career objective out there. For the founders of the website Live in the Grey (liveinthegrey.com), it's the idea they hope to make into a movement. Friends Maneesh Goyal and David Munczinski decided that the new crop of entrepreneurship-minded young people would benefit from a place to find out how people like them — with an idea and some passion — were able to merge what they love with what they do. We asked founder Maneesh Goyal for his advice for young professionals.

So, what is your advice for people just starting out?

We believe your first step has to be discovering and defining what moves you. For me, it was as simple as

What makes you tick?

You have to start by truly defining what is fulfilling to you. For us, fulfillment is the cross-section of personal and professional, and fulfillment is fundamentally necessary to sustain anyone in their career.

Maneesh Goyal
Live in the Grey

sitting down and writing out "what doesn't feel like work." I took these passions and eventually entered the event marketing industry.

People are making their own paths more frequently now. What's your practical advice to them?

Before you can chart your own path — whether in a company, as a freelancer or as an entrepreneur — you need to have a clear vision for where you are going, while being open to unforeseen changes. You have

to start by truly defining what is fulfilling to you. For us, fulfillment is the cross-section of personal and professional, and fulfillment is fundamentally necessary to sustain anyone in their career. We highlight the stories of people that are "grey" to inspire people to get there on their own.

What scared you most about taking the leap into a new venture?

The most intimidating aspect of starting Live in the Grey was overcoming the fear that our philosophy was only a personal outlook we share as co-founders. Was anyone going to appreciate and be inspired by these ideas?

Fortunately, we have found an engaged audience through our site and events. This is always a risk for a person or a group starting a venture with a mission.

Our message is "risk makes life remarkable" — and that means redefining risk from something to be scared of into something to embrace.

METRO WORLD NEWS

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What's black and sugary and delicious all over? Rice pudding

Judith Finlayson professes a love for the taste and texture of rice, whether it's brown, red or Thai black sticky rice.

Though the cookbook author hasn't been able to duplicate a sweet concoction of mangoes and sticky rice she sampled while travelling in Thailand, this recipe for black sticky rice pudding is one of her favourites and she has included it in her most recent cookbook, *The Complete Gluten-Free Whole Grains Cookbook*.

"It is so easy and so good."

Thai black sticky rice is available in Asian markets. If desired, you can cook the rice in your rice cooker on the brown rice setting. The recipe calls for mangoes, but other fruits like strawberries, kiwifruit or peaches are also tasty.

This dessert is suitable for those following a vegan food plan.

Ingredients

Makes 6 servings

375 ml (1 1/2 cups) water
175 ml (3/4 cup) cooked Thai black sticky rice
1 can (400 ml/14 oz) coconut milk
125 ml (1/2 cup) packed Demerara or other raw cane sugar
2 ml (1/2 tsp) salt
250 ml (1 cup) sliced strawberries or kiwifruit or chopped peaches or mango
50 ml (1/4 cup) toasted shredded sweetened coconut
Finely chopped mint (optional)



The gluten-free and vegan-friendly Black Rice Sticky Pudding.

THE CANADIAN PRESS

1. In a bowl, combine water and rice. Set aside to soak for at least 4 hours or overnight.

2. When you're ready to cook, transfer rice and soaking water to a heavy pot with a tight-fitting lid. Bring to a rapid boil over medium heat. Reduce heat

to low and simmer until rice is tender, 30 to 45 minutes. (Don't lift the lid.)

3. In a saucepan, combine coconut milk, raw sugar and salt. Bring to a boil over medium heat and cook, stirring, until sugar dissolves. Stir in cooked rice and cook, stirring, until thick-

ened, about 10 minutes. Transfer to a serving bowl and chill, if desired. When you're ready to serve, top with fruit and garnish with shredded coconut and mint, if using.

THE COMPLETE GLUTEN-FREE WHOLE GRAINS COOKBOOK BY JUDITH FINLAYSON (ROBERTROSE.CA, 2013)/THE CANADIAN PRESS

Healthy eating

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If you're looking for a quick liquid meal, **Booster Juice** is a great choice. But be careful what you decide to sip on.



Booster Juice Funky Monkey

585 calories/ 9 g fat/ 20 g protein

Close to 600 calories for breakfast and an afternoon snack is over the limit. The reason is the vanilla frozen yogurt, which has lots of calories and sugar. If you want protein, three quarters of a cup of Greek yogurt has 18 g of protein.

Equivalent

One Funky Monkey Booster Juice is equivalent in calories to one chubby chicken sandwich from A&W.



Booster Juice Berry Cream Sensation

325 calories/ 3 g fat/ 5 g of protein

This is made primarily of fruit and no frozen yogurt. Ask for an extra scoop of protein powder if you like.

BREAKFAST • LUNCH • CATERING

How does Nathan's make chicken soup?

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-Urbanspoon review



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Cream Cheese Filled Brownies. An unusual treat made in heaven



and baking powder. Add liquid ingredients to dry, blending just until mixed.

3. Pour half the brownie batter into prepared pan. Spoon filling on top; spread with a wet knife. Pour remaining batter into pan. Bake 20 to 25 minutes or until just barely loose at centre.

ROSE REISMAN

Ingredients

Makes 16 brownies

Preparations: 15 min
Baking time: 20-25 min.

• Filling

4 oz light cream cheese, softened
3 tbsp granulated sugar
2 tbsp 2% milk
1 tsp vanilla extract

• Brownies

1 cup packed brown sugar
1/3 cup light sour cream
1/4 cup vegetable oil
1 egg
1 egg white
3/4 cup all-purpose flour
1/2 cup cocoa
1 tsp baking powder

A light dessert made in heaven. Moist and dense brownies sandwiched between a light cream cheese filling.

1. Preheat oven to 350 F. Spray an 8 inch square baking dish with vegetable spray. Make the filling: In a food processor or in a bowl

with an electric mixer, beat together cream cheese, sugar, milk and vanilla until smooth. Set aside.

2. Make the brownies: In a large bowl whisk together brown sugar, sour cream, oil, whole egg and egg white. In a separate bowl, stir together flour, cocoa

PGA

Kuchar wins 2nd title of the year

Matt Kuchar rolled in one last birdie to win the Memorial by two shots and join Tiger Woods as the only multiple winners on the PGA Tour this year.

Kuchar was challenged briefly at the turn by Kyle Stanley, and then late Sunday when Kevin Chappell birdied three of his last four holes. Kuchar only needed to two-putt from 20 feet for the win, and he made the putt for a 4-under 68.

Kuchar captured the Match Play Championship in February.

Tiger Woods closed with a 72 and finished 20 shots behind, his largest deficit since 1996.

THE ASSOCIATED PRESS

NASCAR

Stewart back on winning track

Tony Stewart made a late outside pass on Juan Pablo Montoya and held on Sunday at Dover International Speedway to snap a 30-race winless streak.

Stewart hadn't even had a top-five finish this season and was stuck in 20th in the points standings. He took the lead with the pass with three laps left in the 400-mile race.

Stewart hadn't won on the concrete mile track since he swept both Cup races in 2000.

Seven-time Dover winner Jimmie Johnson appeared to have the car to beat, but jumped a restart and had to serve a pass-through penalty.

Jeff Gordon was third, followed by Kyle Busch and Brad Keselowski.

THE ASSOCIATED PRESS



Blue Bombers head coach Tim Burke watches over his players during opening day of training camp on Sunday. JOHN WOODS/THE CANADIAN PRESS

Muamba bros back Burke's Bombers

Training camp. Coach looking to defensive standouts to lead Winnipeg revival

Cauchy Muamba's got younger brother Henoc's back.

He's pencilled in to start at safety for the Winnipeg Blue Bombers, right behind brother Henoc at middle linebacker.

"I'm just trying to fit in wherever I can," said the latest Muamba to join the Bombers as training camp opened Sunday.

"It's a good feeling right now."

Cauchy Muamba spent

three seasons with the B.C. Lions before signing with Winnipeg as a free agent in February.

Younger brother Henoc, the No. 1 pick in the 2011 CFL draft, nailed his starting job with the Bombers last year. He finished 2012 with a team-high 20 special teams tackles, three sacks, two pass knock-downs and a league-high five forced fumbles.

Coach Tim Burke and general manager Joe Mack are looking for a similar high level of performance from their second Muamba. Both are products of St. Francis Xavier.

Cauchy Muamba said playing on the same team as his

brother means they can collaborate a lot more than when he was with the Lions.

"When I was in B.C., we never used to talk about plays and stuff like that because we were on different teams.

"Now that we're on the same team and the same defence, whenever we have a chance we try to talk about a scenario, try to make each other better ... try to understand each other, so that when it comes on the field, it's just like second nature."

This is Burke's first full season as head coach and, just like on offence, the Bombers are rewriting some of their book on defence.

THE CANADIAN PRESS

Camp updates

- Starting QB Buck Pierce dropped at least 20 pounds and will use his speed to move out of the way of trouble, rather than bulking up to take hits.
- The Bombers lost 2013 draft pick and promising receiver Michael DiCrocce at rookie camp to a broken bone in his foot.
- The star of training camp was Investors Group Field, The Bombers' new \$200-million home at the University of Manitoba.

Red, white and blues: Canada foiled again by U.S.



Canadian captain Christine Sinclair and American Ali Krieger chase the ball during their friendly in Toronto on Sunday. The U.S. won 3-0.

DAVID COOPER/TORSTAR NEWS SERVICE

In the game billed as "The Rematch," American star Alex Morgan played the role of villain once again.

Morgan scored twice to lift world No. 1-ranked United States to a 3-0 victory over Canada's women's soccer team Sunday in Toronto. It was the first meeting between the North American rivals since Canada's heartbreaking 4-3 loss to the U.S. in the Olympic semifinals, and the Canadians' first game back home since they won bronze in London.

Sydney Leroux, a Canadian-born striker who plays for the

On Sunday

3

USA

0

Canada

U.S., drew boos from the crowd when she kissed the badge on her jersey after scoring the Americans' third goal.

Morgan, whose goal in the 123rd minute in that memorable Olympic semi sealed the

U.S. victory, scored her first Sunday in the 70th when she cut inside defender Emily Zurrer, firing from the top-left corner of the 18-yard box and slotting it past goalkeeper Erin McLeod into the right corner of the net. Morgan's second goal came two minutes later from the same spot.

The so-called friendly was anything but for the two teams, who had battled goal-for-goal in last summer's Olympic match that will go down as one of the most memorable games in Canadian soccer history.

THE CANADIAN PRESS

Penguins look to regain their cool in Game 2 of East final

NHL playoffs.

Pittsburgh eager to make amends after failing to score in series opener

There's a dry erase board in the Pittsburgh Penguins' dressing room coach Dan Bylsma uses to remind his players about where they stand in their bid for a Stanley Cup.

For the first time this postseason, the Penguins find themselves with a bagel next to their name after the Boston Bruins pulled away for a 3-0 victory in Game 1 on Sunday night.

"It's a different look," Bylsma said.

One that will only cer-



The Penguins' Evgeni Malkin and the Bruins' Patrice Bergeron fight on Saturday in Pittsburgh. GETTY IMAGES

tainly get worse if Pittsburgh can't collect itself in Game 2 on Monday night.

The Bruins rode David Krejci's two goals, Tuukka Rask's 29 saves and a hefty amount of antagonism to frustrate the Penguins into the

kind of chippy play that does little favours to one of the NHL's most talented teams.

For a spell in the second period, the Penguins seemed more intent in sending a message than evening the score.

Forward Matt Cooke earned a major boarding penalty and a game misconduct for blasting Boston's Adam McQuaid behind the Bruins net. Forward Chris Kunitz was slapped with an unsportsmanlike conduct penalty after mixing it up with Boston's Rich Peverley and reigning NHL MVP Evgeni Malkin traded punches with Patrice Bergeron at the end of the period. The fight was the fourth of Malkin's seven-year career.

"I think anytime you see Evgeni Malkin fighting he's away from his game," Cooke said. "Emotions are high."

THE ASSOCIATED PRESS



Hawks too slick for Quick

Andrew Shaw of the Blackhawks celebrates his goal during Game 2 of the Western Conference final against the Kings on Sunday in Chicago. The Blackhawks won 4-2, chasing Kings goalie Jonathan Quick in the process. They lead the series 2-0. Game 3 is Tuesday night in Los Angeles, where the Kings have won 14 consecutive games dating to the regular season. JAMIE SQUIRE/GETTY IMAGES

NBA playoffs

League fines Hibbert \$75K for post-game slurs

Indiana Pacers centre Roy Hibbert was fined \$75,000 on Sunday by the NBA for using a gay slur and cursing during his news conference after Game 6 of the Eastern Conference finals.

Hibbert also apologized for the comments.

"While Roy has issued an apology, which is no doubt sincere, a fine is necessary to reinforce that such offensive comments will not be tolerated by the NBA," commissioner David Stern said in a statement.

After Saturday night's win, Hibbert ended a response to a question about his defence on Miami's LeBron James with "no homo," a phrase that implies fear of appearing gay. He also called reporters an offensive term.

Game 7 will be played Monday night in Miami.

THE ASSOCIATED PRESS

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NHL PLAYOFFS

CONFERENCE FINALS

(Best-of-7; All Times Eastern)

EASTERN CONFERENCE

PITTSBURGH (1) VS. BOSTON (4)

(Boston leads series 1-0)

Saturday's result

Boston 3 Pittsburgh 0

Monday's game

Boston at Pittsburgh, 8 p.m.

Wednesday's game

Pittsburgh at Boston, 8 p.m.

Friday's game

Pittsburgh at Boston, 8 p.m.

Sunday's game

x-Boston at Pittsburgh, 8 p.m.

Tuesday, June 11

x-Pittsburgh at Boston, TBD

Wednesday, June 12

x-Boston at Pittsburgh, TBD

WESTERN CONFERENCE

CHICAGO (1) VS. LOS ANGELES (5)

(Chicago leads series 1-0)

Sunday's result

Los Angeles at Chicago

Saturday's result

Chicago 2 Los Angeles 1

Tuesday's game

Chicago at Los Angeles, 9 p.m.

Thursday's game

Chicago at Los Angeles, 9 p.m.

Saturday's game

x-Los Angeles at Chicago, 8 p.m.

Monday, June 10

x-Chicago at Los Angeles, 9 p.m.

Wednesday, June 12

x-Los Angeles at Chicago, TBD

x — played only if necessary

NBA PLAYOFFS

CONFERENCE FINALS

(Best-of-7 series; All times Eastern)

EASTERN CONFERENCE

MIAMI (1) VS. INDIANA (3)

(Series tied 3-3)

Saturday's result

Indiana 91 Miami 77

Monday's game

Indiana at Miami, 8:30 p.m.

WESTERN CONFERENCE

SAN ANTONIO (2) VS. MEMPHIS (5)

(San Antonio wins 4-0)

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	34	23	.596	—
New York	31	24	.564	2
Baltimore	32	25	.561	2
Tampa Bay	31	25	.554	2½
Toronto	23	33	.411	10½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	30	25	.545	—
Cleveland	30	26	.536	½
Minnesota	25	29	.463	4½
Chicago	24	30	.444	5½
Kansas City	23	31	.426	6½

WEST DIVISION

	W	L	Pct	GB
Texas	35	21	.625	—
Oakland	34	24	.586	2
Los Angeles	25	32	.439	10½
Seattle	24	33	.421	11½
Houston	20	37	.351	15½

Sunday's results

Tampa Bay 11 Cleveland 3

Baltimore 4 Detroit 2

Minnesota 10 Seattle 0

Texas 3 Kansas City 1

Houston 5 L.A. Angels 4

Oakland 2 Chicago White Sox 0

Boston at N.Y. Yankees

Saturday's results

Cleveland 5 Tampa Bay 0

Minnesota 5 Seattle 4

Detroit 10 Baltimore 3

Oakland 4 Chicago White Sox 3 (10 inn.)

Kansas City 4 Texas 1 (10 inn.)

Boston 11 N.Y. Yankees 1

Houston 2 L.A. Angels 0

Monday's games — All times Eastern

Cleveland (Masterson 8-3) at N.Y. Yankees

(Pettitte 4-3), 7:05 p.m.

Houston (Bedard 0-2) at L.A. Angels

(Blanton 1-8), 10:05 p.m.

Chicago White Sox (Danks 0-1) at Seattle

(Saunders 3-5), 10:10 p.m.

Tuesday's games

Cleveland at N.Y. Yankees, 7:05 p.m.

Tampa Bay at Detroit, 7:08 p.m.

Texas at Boston, 7:10 p.m.

Baltimore at Houston, 8:10 p.m.

Minnesota at Kansas City, 8:10 p.m.

Chicago Cubs at L.A. Angels, 10:05 p.m.

Chicago White Sox at Seattle, 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	34	22	.607	—
Washington	28	29	.491	6½
Philadelphia	27	30	.474	7½
New York	22	32	.407	11
Miami	16	41	.281	18½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	37	19	.661	—
Cincinnati	35	22	.614	2½
Pittsburgh	35	22	.614	2½
Chicago	23	32	.418	13½
Milwaukee	21	34	.382	15½

WEST DIVISION

	W	L	Pct	GB
Arizona	32	24	.571	—
Colorado	30	27	.526	2½
San Francisco	30	27	.526	2½
San Diego	26	29	.473	5½
Los Angeles	23	32	.418	8½

Sunday's results

Miami 11 N.Y. Mets 6

Philadelphia 7 Milwaukee 5

Pittsburgh 5 Cincinnati 4 (11 inn.)

Atlanta 6 Washington 3

San Francisco 4 St. Louis 2

Arizona 8 Chicago Cubs 4

Colorado 7 L.A. Dodgers 2

Toronto at San Diego

Saturday's results

St. Louis 8 San Francisco 0

Milwaukee 4 Philadelphia 3

Miami 8 N.Y. Mets 1

Colorado 7 L.A. Dodgers 6 (10 inn.)

Arizona 12 Chicago Cubs 4

St. Louis 7 San Francisco 1

Cincinnati 2 Pittsburgh 0

Atlanta 2 Washington 1 (10 inn.)

San Diego 4 Toronto 3

Monday's games — All times Eastern

Miami (Koehler 0-3) at Philadelphia

(Kendrick 5-3), 7:05 p.m.

Colorado (Chatwood 3-0) at Cincinnati

(Arroyo 5-5), 7:10 p.m.

Pittsburgh (Burnett 3-5) at Atlanta

(Medlen 1-6), 7:10 p.m.

Oakland (Milone 5-5) at Milwaukee

(Estrada 4-3), 8:10 p.m.

Arizona (Cahill 3-5) at St. Louis

(Lynn 7-1), 8:15 p.m.

San Diego (Stults 4-4) at L.A. Dodgers

(Capuano 1-4), 10:10 p.m.

Horoscopes

Aries

March 21 - April 20

If you have any doubts at all about what you are asked to do today, either by a friend or by someone you work with, just say no. It may make you a bit unpopular but better that than you hate yourself.

Taurus

April 21 - May 21

What are you doing to make the world a better place? As Venus, your ruler, moves into the communications area of your chart today you can do something, even if it's only spreading what you believe.

Gemini

May 22 - June 21

Your rivals may be smart but you are in a different league entirely when it comes to brain power and cunning and will outmaneuver them with ease over the next few days.

Cancer

June 22 - July 23

Venus, planet of emotional and material values, moves into your chart today, making this the ideal time to ask yourself what, and who, is most important in your life.

Leo

July 24 - Aug. 23

If you compromise your principles once today you will have to compromise them again and again throughout the coming week, so start as you mean to go on and refuse to do anything underhand.

Virgo

Aug. 24 - Sept. 23

Not everyone can reach your high standards so try not to be too critical if a friend falls short of expectations. Show them where they went wrong but do so in a friendly way.

Libra

Sept. 24 - Oct. 23

Venus, your ruler, moves into the career area of your chart today, making it easier for you to get along with people in positions of power. Just be careful they don't use you, as you must benefit too.

Scorpio

Oct. 24 - Nov. 22

You always present a resolute face to all, even when you feel fearful and that will help you this week. You're the one everyone goes to when there's serious work to be done.

Sagittarius

Nov. 23 - Dec. 21

Your imagination is active at the moment but watch out you don't go too far by imagining things that don't exist. The line between fact and fiction can often get blurred.

Capricorn

Dec. 22 - Jan. 20

This is a great day for meeting people, especially friends you have not seen in a while or the one you love. Don't linger too long in front of the mirror though!

Aquarius

Jan. 21 - Feb. 19

If you feel that you are being swamped with work then get someone to help you. Yes, of course, no one does as good a job as you but you can't carry on at this pace forever. Slow down.

Pisces

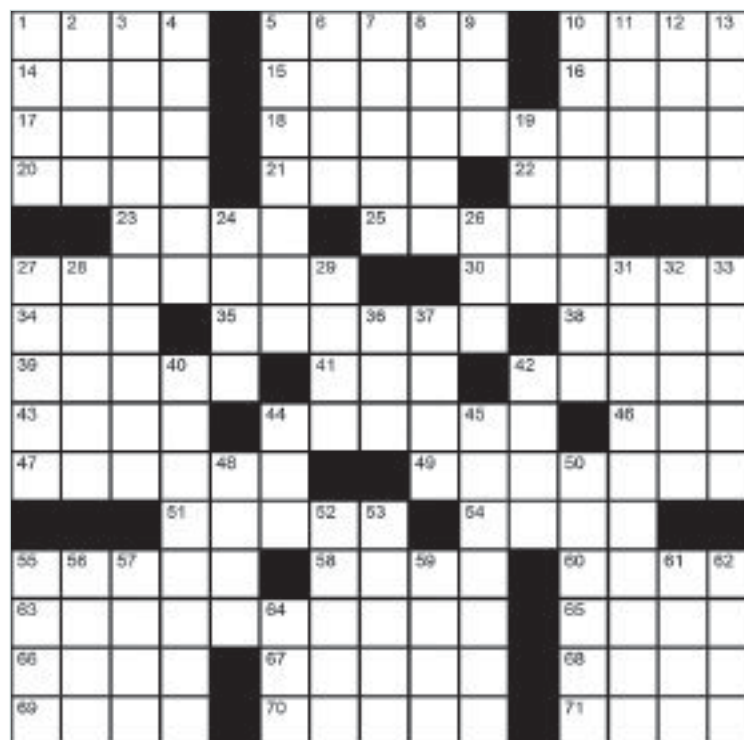
Feb. 20 - March 20

Mercury links well with Neptune, planet of self-sacrifice today, so find ways to help people. You are at your best when giving – and the universe will give back to you. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Be open-wide
5. Actor, Jeremy ___
10. Go together well
14. Dutch violinist/conductor of PBS concert fame, Andre ___
15. Signs
16. Jazz singer, Dame ___ Laine
17. Mr. Sharif
18. Canada's Senate, The ___
20. Like dry Spanish wine
21. Twinkler
22. Ladies
23. Larger-than-life
25. Stitched spots
27. "Unwritten" singer Ms. Bedingfield
30. "Ha! Tricked you!"
34. Performance-enhancer, e.g.
35. Acapulco's locale
38. Country's Mr. Church
39. Singer, Lou ___
41. "Turn to Stone" gr.
42. Hockey great Mr. Hull
43. Ms. de Matteo
44. Indirectly refer to
46. "___ Hot" by Alanis
47. Prances
49. Brush up on
51. Olympic champ's hauls
54. Singer/songwriter Mr. Jordan
55. Must scratch, must scratch...
58. Gather
60. "You've Made ___



- ___ Very Happy" by Blood, Sweat & Tears
63. 1955 Glenn Gould album: 'Bach: The Goldberg ___'
65. Isle of Scotland's Inner Hebrides
66. Canadian journalist Mr. Solomon
67. Rinse, as with a

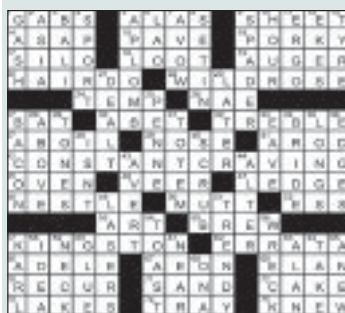
- solvent
68. Day's French opposite
69. Perform, like Celine Dion
70. Between-buildings-spot
71. Catch a glimpse

Down

1. Newfoundland's ___ Morne National Park
2. Je t'___ = I love you
3. Canadian flag/clock structure on Parliament Hill: 2 wds.
4. Galilean moon of Jupiter
5. Sports car name
6. "How ___ Your Mother"
7. Sacred Hindu texts
8. Ink: French
9. Hockey's Predators, on scoreboards
10. Hamilton university
11. Napoleon's exile isle

12. Appear to be
13. ___ d'oeuvre (Appetizer)
19. Rat-a-tat-tat stuff
24. Doctrines
26. Toronto museum,
27. "Revenge of the ___" (1984)
28. No longer together
29. Eddie's "Beverly Hills Cop" (1984) role
31. ___ Period (Age of Reptiles ending)
32. ___-miss (Randomly)
33. Poems by Currer, Ellis, and ___ Bell (Bronte Sisters book)
36. Jackson 5 hit: "___ Be There"
37. ___ supreme du Canada
40. Guess Who hit
42. Mr. Lugosi
44. Non-verbal communication syst.
45. Patrick of "Grey's Anatomy"
48. La ___ Jackson
50. Short-tailed weasel
52. Carpentry tool
53. South Korea's capital
55. Folk singer Burl
56. Rikki-Tikki-___
57. Ocean Spray flavour, ___Raspberry
59. 'a' of a.m.
61. Trim
62. Like Cheerios
64. Actress Ms. Leoni

Friday's Crossword

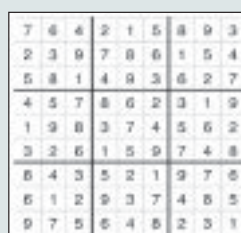


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY



MAX: 18°
MIN: 7°

TUESDAY



MAX: 15°
MIN: 8°

WEDNESDAY



MAX: 15°
MIN: 6°



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*Fuel consumption figure rating posted by Natural Resources Canada of 5.5 L/100 km (highway) for a 2013 Subaru Impreza equipped with continuously variable automatic transmission and a 55 L fuel tank capacity. Fuel consumption figure should only be used for vehicle comparison purposes. Actual fuel consumption will vary based on driving conditions, driver habits and vehicle load. *Ratings of "Good" are the highest rating awarded for performance in four safety tests (moderate overlap front, side, rollover and rear) conducted by the Insurance Institute for Highway Safety (IIHS) (www.iihs.org). To earn a 2013 TOP SAFETY PICK, a vehicle must receive a "Good" rating in all four of these tests. *MSRP of \$19,995 on 2013 Impreza 2.0i 4-door (DF1 BP). MSRP excludes Freight & PDI of \$1,595. Taxes, license, registration and insurance are extra. \$0 security deposit. Model shown is 2013 Impreza 2.0i Limited Package (DF1 LP) with an MSRP of \$26,895. Dealers may sell for less or may have to order or trade. Offers applicable on approved credit at participating dealers only. Vehicle shown solely for purposes of illustration, and may not be equipped exactly as shown. See your local Subaru dealer for complete program details.



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